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For Growing Children

there is no better food than

Grape-Nuts

with cream or good milk.

Many diseases of childhood and youth are due to faulty diet—a diet that restricts the amount of needed mineral salts, the lack of which, as your family physician can tell you, often leads to rickets and other diseases of mal-nutrition.

Grape-Nuts, made of whole wheat and malted barley is rich in these vital mineral elements so necessary to health.

This food tastes good, is easily digested, and many letters from parents, after trial, testify

“There’s a Reason”

Grape-Nuts

A Compound made of Wheat, Barley, Salt and Yeast.

Postum Cereal Co., Limited
Burlington, N.H., U. S. A.

A FOOD

Combining the essential elements of Wheat and Barley, Grape-Nuts is a cereal which is easily digested and is a good source of food.

For best results, use with cream or good milk.